Learning

> **Principle 5: We value reflection and learning:** following a cycle of action, reflection, learning, and planning for more action. Learning from other movements and contexts as well as our own experiences.

We never know how things will change, so we try to stay open and flexible, to experiment and to learn from what we do. This helps us work out how to be as effective as possible. We value feedback and aim to both give and receive it with grace. We share our experiences so we can learn from one another.

Training

You will find a huge range of free talks and trainings on offer in XR - all are listed in the Directory of Talks and Training.

Some aim to help you navigate XR, some to support you in taking action, some to explain the science and yet others to help you grow in skills and confidence.

Talks and training on offer include:

- **Intro to XR** - a starting point for new joiners wanting to learn more about XR.
- **Get Involved** - interactive session where we guide you through options for getting involved with XRUK, including how you can volunteer or join an action or group.
- **Prepare for Action training** - core training for attending actions.
- **Know Your Rights (KYR) training** - Core information for attending actions.

Training Platforms

- Rebel Toolkit – public resource library (you are on the Rebel Toolkit right now!)
- Rebellion Academy - e-learning platform with self-learn interactive courses on a wide range of topics.
